

2019-20 YEARBOOK

TASMANIAN INSTITUTE OF SPORT



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Sporting Hall of Fame

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MINISTER'S FOREWORD



HON JANE HOWLETT MP

On behalf of the Tasmanian Government I congratulate Tasmania's athletes and the staff of the Tasmanian Institute of Sport in what has been a challenging 12 months for sport both in Tasmania and around the world due to the COVID-19 pandemic.

Our athletes' perseverance and commitment to training in these uncertain times sets a great example for us all.

So many of our elite athletes were in peak preparation prior to competitions ceasing, but I am confident that their efforts will be rewarded. I look forward to watching Tasmanian athletes returning to compete on the world stage and joining them to celebrate their success.

TIS athletes are such excellent ambassadors for our State, inspiring all Tasmanians as they continue to set great examples of healthy living, fortitude, leadership and discipline. These qualities will hold them in good stead as we navigate through these difficult times.

With the postponement of the Tokyo Olympic and Paralympic Games until 2021, I look forward to continuing to watch our athletes strive for selection over the next 12 months.

A handwritten signature in black ink, appearing to read 'Jane Howlett'.

Hon Jane Howlett MP

Minister for Sport and Recreation

DIRECTOR'S REPORT



PAUL AUSTEN

The report for this year is not like any other that I have written, and one that hopefully has a unique place in our sporting history.

The impact of the COVID-19 virus on the world sporting landscape has seen most events that our athletes were striving to perform their best at, either postponed or cancelled for the second half of the year.

The postponement of the 2020 Olympic and Paralympic Games in Tokyo until 2021, creates significant challenges for athletes, coaches and administrators to overcome. The events of the last four months are unprecedented and completely outside of any contingency planning scenarios one could have imagined.

I can report that up until mid-February 2020 when the COVID-19 virus impact started to take effect, the Tasmanian Institute of Sport (TIS) athletes had consistently competed across the globe, with 16 athletes achieving top eight or better results at their benchmark international sporting events. Even though we were unable to hit our target KPIs for the year, we were well on track to do so when things changed.

At that point in the year, there were 21 top eight or better results achieved by these athletes and the 2019-20 actual results include two gold medals, two silver medals, five bronze medals and 12 fourth to eighth placings across a number of sports including athletics, cycling, canoe slalom, hockey, para sailing, rowing, weightlifting and triathlon.

We celebrated and congratulated three TIS athletes who achieved Australian Olympic Team selection - Amy Cure and Georgia Baker in Track Cycling, and Daniel Watkins in Canoe Slalom. Unfortunately, the postponement of the Olympic Games resulted in Amy announcing her retirement from international competition.

We continued to see consistent national team selections with 50 athletes representing Australia, and four

TIS coaches and specialist staff contributed to the performance of national teams through attendance at international events.

In November we celebrated Ariarne Titmus winning the Seven Tasmania 2019 Tasmanian Athlete of the Year, through her sensational performances at the World Swimming Championships held in South Korea in July 2019. The TIS held this annual event, combined with the Tasmanian Sporting Hall of Fame inductions, at the Hobart showroom of our long-time partners Motors Tasmania.

I would especially like to acknowledge and thank all TIS staff for their ongoing commitment and outstanding work, particularly now as we navigate our way through the virus-impacted environment. Our staff has been fantastic in the way they have adapted to provide innovative ways to keep the TIS athletes healthy, happy and connected.

Thank you also to all the specialist consultants within the TIS sports medicine network who have so ably helped us again this year with their expertise in delivering high quality services to the TIS athletes. The support and engagement of our network in helping us manage the impacts of COVID-19 has been wonderful and greatly appreciated.

The TIS receives considerable support from the Tasmanian Government, without which it would not be able to establish and operate programs and services to progress Tasmanian athletes' development.

A further special mention and sincere appreciation to our outstanding and highly valued partner, Motors Tasmania who continue to provide two vehicles for TIS use, which allows us to provide further support to our programs.

The TIS enjoys strong partnerships with all of the members of the National Institute Network, Sport Australia, the Australian Olympic Committee and the Australian Commonwealth Games Association, as part of the national high performance sports network.

In the coming year, our focus will again be firmly placed on providing quality support to all the athletes striving to make selection to compete in the 2020 Olympic and Paralympic Games in Tokyo in 2021.

Paul Austen
Director

WHAT WE DO

PURPOSE

To provide leadership and quality high performance services to Tasmania's talented athletes and coaches.

BACKGROUND

The Tasmanian Institute of Sport was established in 1985 by the Tasmanian Government to assist Tasmania's talented athletes achieve excellence in sport. We currently operate from two bases – the Silverdome Complex in Prospect, Launceston and the Technopark at Dowsing Point, Hobart.

SPORTS PROGRAMS

The TIS offers scholarships to talented Tasmanian athletes in a range of sports which fit into the following sports programs – National Training Centre (NTC) programs, Talent Development Squad (TD), Elite Development Programs (EDP) and individual scholarship programs.

SPORTS PERFORMANCE UNIT

The Sports Performance Unit of the TIS comprises human performance laboratories and strength and conditioning facilities, providing services in sports physiology, video analysis, talent identification and development.

ATHLETE WELLBEING & ENGAGEMENT

The Athlete Wellbeing and Engagement program works with scholarship holders to help manage and guide their sporting commitments and work/schooling demands to sustain a healthy wellbeing and training outlook. The program focuses on engagement, mental health, career and education, personal development and conduct and professionalism to ensure athletes show commitment and dedication beyond their sporting achievements, engage in the community, and ensure professionalism in doing so.

COACH DEVELOPMENT

The TIS provides opportunities to coaches both within and outside of the organisation to assist with their personal and professional development. The TIS runs an internal coaching group to offer professional development, offers a Women in Sport Coaching Scholarship to external coaches and has commenced a project to develop a Centre for Coaching to provide development opportunities for all Tasmanian coaches.

FUNDING

Funding for the TIS predominately comes from the Tasmanian Government. Additional funding is received from national sporting organisations that partner our sports programs through the funding they receive from the Australian Government.

The institute received valuable support from Motors Tasmania through the provision of vehicles. Broadcaster Seven Tasmania provides 'in-kind' support for the Tasmanian Athlete of the Year Award.

ORGANISATIONAL STRUCTURE

The TIS is a Business Unit of the Communities, Sport and Recreation division within the Department of Communities Tasmania.

BUSINESS AND ADMINISTRATION

STAFF

Paul Austen	Director
Geoff Masters	Business and Relationship Manager
Sam Lockett	Executive Assistant
Shelly Wesley	Administrative Assistant
Lyn Jackson	Project Support Officer
Ellie Poynton	Project Support Officer
Mark Dixon	ICT Technical Advisor

Ariarne Titmus was named as the 2019 Tasmanian Athlete of the Year, following an outstanding season including two World Titles at the World Swimming Championships. Training commitments meant Ariarne was unable to be there on the night, however her mother Robyn was present to accept the award on her behalf.

TASMANIAN SPORTING HALL OF FAME



EVENTS

TASMANIAN ATHLETE OF THE YEAR



The Tasmanian Sporting Hall of Fame was again run in conjunction with the Tasmanian Athlete of the Year. The Sporting Hall of Fame honours outstanding Tasmanian sportspeople who have represented their State and nation with distinction and ensures their achievements receive the recognition they deserve. The two inductees for 2019 were Sam Beltz (rowing) and David Guest (hockey).

Sam, a two time Olympian and World Champion, started his rowing journey at Lindisfarne Rowing Club, while also training with the TIS. Sam became a member of the Australian Rowing Team in 1999 and was a member for 15 years.

David was a member of the Kookaburras for 10 years and won a bronze medal at the 2008 Beijing Olympics. He played a total of 103 international matches, scoring 19 goals during his extensive career.

The combined function was attended by staff, athletes, family members and key stakeholders from Tasmania's sporting community.

The Seven Tasmania Tasmanian Athlete of the Year Award function was held at the Motors Showroom in Hobart in November 2019. Motors has been a sponsor of the TIS for many years and their showroom was the perfect backdrop for an incredible night of celebrating Tasmania's finest athlete performances.

The function acknowledged six finalists who were recognised for their performances at an international level, contribution to their sport and their contribution to the Tasmanian sporting community. The finalists for 2019 were;

- Georgia Baker (cycling)
- Jake Birtwhistle (triathlon)
- Amy Cure (cycling)
- Sarah Hawe (rowing)
- Eddie Ockenden (hockey)
- Ariarne Titmus (swimming).

2020 SCHOLARSHIP ANNOUNCEMENTS

In December 2019, the TIS hosted its annual breakfast function at Wrest Point announcing the scholarship holders for 2020. The breakfast was well attended by athletes from a range of sports, along with their families, coaches, the wider sporting community and valued supporters.

This function gave the nine athletes receiving high performance scholarships for the first time and those continuing, the opportunity to be recognised by their peers, teammates and support networks.

The breakfast was again hosted by TIS Scholarship athletes. A thank you to MC Lauren Perry (cycling), who was joined by Wilson Mure (rowing) for the official welcome and Phillida Bridley (hockey) for the athlete acknowledgment.

COMMUNICATIONS

PUBLICATIONS

The TIS Bulletin is produced monthly and distributed electronically. The Bulletin provides information to a wide sector of the community on the activities of the institute and achievements of its athletes.

WEBSITE

The TIS website is a valuable resource for both athletes and the public. It is kept updated by TIS staff. Valuable IT support for the Institute is provided by ICT Technical Advisor, Mark Dixon.

SOCIAL MEDIA

The TIS continues to use Facebook, Twitter and Instagram accounts to connect with a wide audience and provide instant updates on the progress of our athletes.

PUBLIC RELATIONS

The TIS uses the services of public relations consultants Corporate Communications (Tas) Pty Ltd to maximise the reach of the TIS and communicate effectively on a large scale with all forms of media. We would particularly like to acknowledge the role of Executive Chairman, Nicolas Turner in providing excellent services and advice in this area.

ATHLETE MANAGEMENT SYSTEM

The Athlete Management System (AMS) is a web-based platform to support education and decision-making by National Sporting Organisations and the National Institute Network with the aim of improving athlete health and performance outcomes. TISLink is the TIS version of AMS which is linked through to the national database system allowing sharing of athlete data.

The AMS informs performance decisions through:

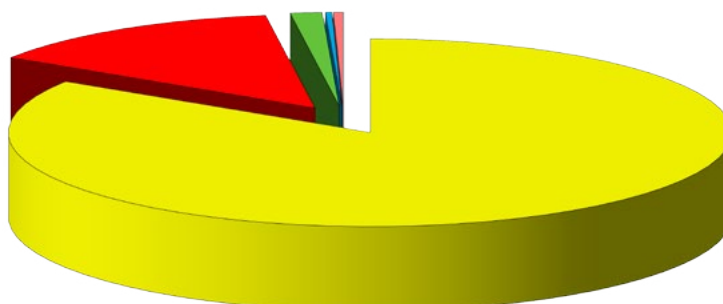
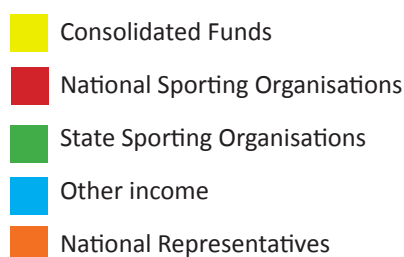
- Establishment of data tracking, analysing and reporting against sport-defined performance metrics for every high performance athlete, squad and team.
- Increased athlete availability for training and competition through the reduction of injury and illness while also understanding the adaptation to training and travel.
- Providing a nationally shared framework that captures performance-related data for all of Australia's categorised athletes in a single source.
- Providing the TIS with an efficient athlete administration workflow.

AMS captures data from a variety of sources including athlete-centered questionnaires, automated integration of wellbeing and monitoring tools, and purpose-built custom applications. These data sources allow for further analysis that provide athletes, coaches and support staff with alerts, reports and visualisations to better facilitate communication and decision-making.

ICT Technical Advisor Mark Dixon and Business and Relationship Manager Geoff Masters continue to oversee development to benefit both staff and athletes.

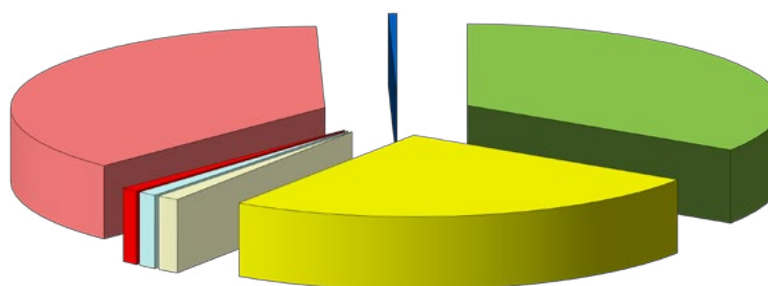
FINANCIAL MANAGEMENT

TIS FUNDING ALL SOURCES 2019-20



Consolidated Funds	\$2,822,636.00
National Sporting Organisations	\$461,694.00
State Sporting Organisations	\$48,030.00
Other Income	\$10,000.00
National Representatives	\$15,000.00
Total Funds	\$3,357,360.00

TIS ALLOCATIONS 2019-20



Sports Programs and Scholarships	\$1,148,824.00
Sports Performance Unit	\$844,120.00
Sports Medicine Consultancies	\$38,500.00
Coaching Development	\$33,000.00
Athlete Wellbeing and Engagement	\$30,000.00
Operations	\$1,247,916.00
National Representatives Fund	\$15,000.00
Total Allocations	\$3,357,360.00

CORPORATE PARTNERSHIPS

The Tasmanian Institute of Sport would like to thank the following partners:

PRINCIPAL PARTNER



STRATEGIC PARTNERS



MAJOR CORPORATE PARTNERS



PROGRAM PARTNERS

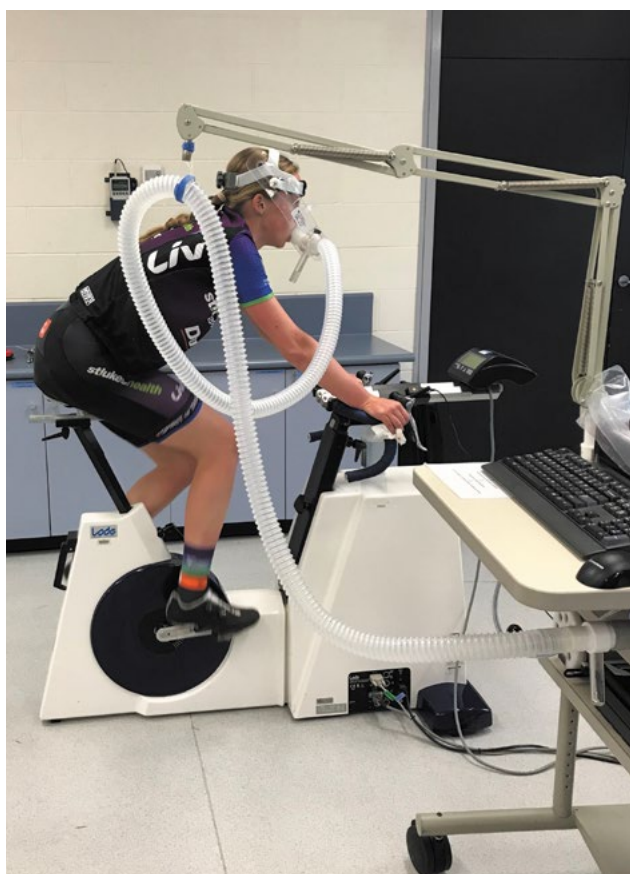


SPORTS PERFORMANCE UNIT

The Sports Performance Unit (SPU) conducts a wide range of tests on scholarship holders and provides information to coaches and athletes regarding training, recovery and performance.

STAFF

Lindsay Harris	Manager, Performance Services
John Gregory	Senior Scientist
Pete Culhane	Senior Strength and Conditioning Coach
Ben Scarlett	Sports Performance Officer
Alanna Martin	Sports Performance Officer – Talent ID (to June 2020)
Jake Cowin	Sports Performance Officer
Annabelle Anderson	Strength and Conditioning Coach
Mitch Bootes	Strength and Conditioning Coach



SPORTS SCIENCE

MAJOR ACTIVITIES

- Extensive testing sessions completed including anthropometry, field and lab testing.
- Conducted annual injury management report.
- Extensive usage of our Athlete Management System – TISLink.
- Sports science support and fee for service testing for Netball Tasmania.
- Assistance at key sport selection events, including rowing, hockey and athletics.
- Presentation of TIS research at the National Physiology Conference.
- Representation at the Movement Science Conference.
- Staff attendance at the Rowing Trans-Tasman Cup u21 Championships.
- Conducted extensive applied research.
- Completed annual external quality control of equipment, labs and protocols.
- Completed full staff accreditation with Exercise Sports Science Australia (ESSA).
- Further assessment of rowing performance with GPS and on-water biomechanics systems.
- Local, national and international course reconnaissance and power monitoring with cycling.
- Video coding of matches and competition.
- Video capture of cycling and rowing with drone technology.
- Active management of massage, recovery, sports nutrition and sports psychology services.
- Ongoing daily monitoring of athletes within daily training environment.
- Provision of daily monitoring reports each week and fortnight to TIS programs and netball squads.

PROJECTS AND RESEARCH

- Continued deployment of sport GPS devices and software.
- UTAS Student placement project (GPS) support.
- Successful introduction of 360° Virtual Reality camera and software.
- Ongoing integration of force plate data collection and analytical analysis.
- Integration of data analytics for optimum athlete profiling.
- Heat acclimation for cycling, athletics and rowing at UTAS.
- Integration of SPU with sports via sport meetings and usage of TISLink.
- Systematic improvement of injury management.

SPORTS MEDICINE NETWORK

Thank you to our Sports Medicine Coordinator, Dr Ian Beltz, our newly appointed Sports Medicine Advisor, Dr Steve Reid, Performance Psychology Coordinator Lydia Black and Physiotherapy Coordinator Kellie Wilkie for all their ongoing support.

Additionally, thank you to our Sports Medicine Network practitioners who continue to support the TIS. Our network delivers quality sports medicine, sports psychology, sports nutrition, sports podiatry and physiotherapy services to TIS athletes throughout the year including;

- Delivery of more than 100 nutrition, 150 massage, 40 performance psychology and 110 physiotherapy athlete consultations.
- Conducting 38 medical screenings and 30 physio screenings.
- Running athlete performance psychology and nutritional workshops throughout the year.
- TIS Supplement Survey conducted in January/February 2019 with 72 athletes completing the survey and ongoing education for athletes.
- Online weekly athlete wellness forum providing ongoing psychology and nutritional advice.

OTHER ACKNOWLEDGEMENTS

We thank the University of Tasmania for our continued relationship across the sports sciences.

STRENGTH AND CONDITIONING

MAJOR ACTIVITIES

- Athletes completed more than 4,000 strength and conditioning (S&C) training sessions across three strength and conditioning training venues in Launceston, Hobart and Devonport, as well as other outdoor and indoor training venues throughout the world including Asia, Europe and America during the reporting period.
- During the months that our face-to-face training was affected by the COVID-19 pandemic, our S&C coaches shifted to virtual training sessions via tools such as Zoom. Nearly 70 virtual coaching sessions and meetings were conducted during this period.
- The continued use of the TeamBuildr programming software was a huge advantage in being able to maintain a high level of individual coaching experience. Its usage increased to include increased conditioning session prescription and a more involved use of the coaching and video tools within the software.
- S&C coaches conducted more than 300 dual force plate tests on athletes, as well as nearly 100 movement screening testing sessions involving both Functional Movement Screening and Y-Balance Testing.
- The Force Deck dual force plates were also used to assess the Athletic Shoulder (ASH) Test as a valid measure in our athlete population. The ASH Test is a novel test used to monitor upper body performance, neuromuscular fatigue and readiness and more specifically an athlete's ability to transfer force across the shoulder girdle.
- S&C coaches attended a vast array of sports training environments to see how the athletes and coaches train in their sporting environment, which enables a greater understanding of the demands and challenges an athlete and coach faces within their sports context. This has included sessions at hockey fields, athletics tracks, skate parks, rowing courses, archery ranges, velodromes, road racing circuits, white water paddling courses and sailing venues.
- Attendance at two major S&C Conferences:
 - o 2019 National Institute Network Strength and Conditioning Workshop.
 - o 2019 Australian Strength and Conditioning International Conference on Applied Strength and Conditioning, including a presentation by Jake Cowin covering "Using dual force platforms to assess and improve eccentric deceleration ability".
- In-house professional development sessions remained a focus, including a continuing series on the assessment and interpretation of data derived from dual force plate asymmetry assessment and the practices and a review of the two major S&C conferences attended. Professional relationships with AFL Tasmania and Cricket Tasmania were also an ongoing theme throughout the year.
- TIS S&C staff continue to be actively involved in developing the states S&C coaches, continuing to present at the Australian Strength and Conditioning Association Level 1 courses and mentoring several Tasmanian S&C coaches.
- Senior S&C Coach Pete Culhane continued in his part-time role of National Sports Science and Sports Medicine (SSSM) Network Lead for the discipline of S&C with the AIS. This role has provided an opportunity to bring much of the learning from the AIS and national perspective of his role back into the TIS environment.
- Current PhD scholar and Sports Performance Officer Jake Cowin continued his research into the use of dual force plates in sports, with data collection on athletes commencing around the COVID-19 restrictions.

SPORTS PERFORMANCE UNIT (CONT.)



- During the smoke-affected summer of 2019-20 the TIS Launceston gym became home to the National Women's Rowing team for several weeks whilst they escaped the smoke in Sydney.

PROJECTS AND RESEARCH

- Continued development of the PhD project of Jake Cowin who is researching the area of dual force plate diagnostics in the assessment of asymmetries in athletes.
- Pete Culhane continues to develop research ideas into the force production profiles of athletes within different sports via either dynamic or static force production methods.
- Mitch Bootes has been focusing on the relationship between rowing performance and gym-based force production assessments.
- Annabelle Anderson is continuing an interest in researching the athletic hip and ways we can identify, manage and rehabilitate athletes with hip injuries. She is also contributing research and innovation in the para-athlete capacity.

OTHER ACKNOWLEDGEMENTS

S&C services are provided to athletes across the state and uses the services of S&C consultants to assist with coaching outside of our Launceston and Hobart facilities, most notably Chris Bellette at Move Strong Gym in Devonport, who continues to provide a great training environment for our northwest-based athletes.

The TIS also works closely with the University of Tasmania's School of Health Sciences where both organisations support the development of Sports and Exercise Science students, with emphasis on the area of developing strength and conditioning coaches and practical sports and exercise scientists. We acknowledge Dr Nathan Pitchford PhD for the ongoing assistance to the staff, athletes and coaches of the TIS.

TALENT IDENTIFICATION

The Talent Identification (TID) program remains a successful part of the SPU dynamic. Athletes across the state participated in a variety of TID testing within school environments, bike pump tracks and TID search activities targeting the sports of canoe, rowing, hockey and cycling. Over 176 cycling athletes were tested, with 28 offers made and 13 accepting and continuing training. Rowing, hockey and canoe testing were placed on hold due to COVID-19.

Major Talent identification events included;

- The All Schools Novice Championships;
- Rowing national TID week; and
- Canoe slalom come and try.

OTHER ACKNOWLEDGEMENTS:

This year's COVID-19 pandemic continues to push the boundaries of all TIS staff and its athletes. Thank you for the strength and toughness of the SPU staff, athletes and stakeholders during this unforgettable training environment.

During COVID-19, Sports Performance staff:

- Established an online athlete performance forum;
- Developed COVID-19 compliance testing and screening protocols;
- Rolled out of COVID-19 athlete protocols; and,
- Rebooted the athlete training environment.



ATHLETE WELLBEING & ENGAGEMENT

PROGRAM

The National Athlete Wellbeing & Engagement (AW&E) Network consists of providers based in SIS/SAS organisations and NSO environments.

This multifaceted approach provides athletes with guidance, resources and educational opportunities to achieve personal and professional empowerment.

AW&E's purpose is to lead and support Australia's sporting industry to understand that a successful high performance culture means athletes finding the right balance between wellbeing, engagement activities outside of training and competition and the requirements of elite sport.

A holistic training and life balance approach is achieved by individualised services, designed to assist athletes to achieve their highest potential by creating a unique environment necessary for individual success. This is driven through five work streams:

- Mental health
- Conduct & professionalism
- Personal development
- Career and education
- Community engagement

MAJOR PROGRAM INITIATIVES

- Athlete contacts during this reporting period focused on career pathways, athlete progression, sport life balance and public speaking.
- Ongoing support from the Elite Athlete Friendly University program and UTAS Elite Athlete Program for athletes who combine their academic and sporting commitments.
- Continued TIS/UTAS HECS scholarship agreements.
- Athlete attendance within schools and presentations at sport development camps.
- Continued liaison with TIS athlete education providers.
- Staff attendance at AIS Performance Psychology Conference and AW&E Summit.
- Delivery of athlete mindful performance training, both group and individual.

OTHER

The TIS maintains a strong partnership with the national AIS AW&E program and UTAS, through the Elite Athlete Friendly University program.

SERVICE PROVIDER

Emma Harris



COACH DEVELOPMENT

MAJOR PROGRAM INITIATIVES

CENTRE FOR COACHING

During the year, the TIS commenced a Centre for Coaching Project. The Project objective is to develop, implement and embed a sustainable Centre for Coaching in TIS operations – a centre which all sports in Tasmania look to as an opportunity to develop and/or enhance their coaches. The Project has three phases, with an expected timeframe of three years.

Initial phases of the Project; research, consultation, subsequent gap analysis and development of 'pilots', is well under way. The first of the pilots focuses on targeted and individualised coach development. There are currently three identified coaches involved:

- Lizzi Rountree – Sailing
- Paul Crosswell – Swimming
- Sarah McGlashan – Cricket

Other pilots which were gaining some momentum pre COVID-19 are now planned to commence in late 2020 or early 2021.

WOMEN IN SPORT COACHING SCHOLARSHIP

The Women in Sport Coaching Scholarship is a partnership between Womensport and Recreation Tasmania Inc. and the TIS. The initiative was launched in 2018 and continued to support women with coaching development opportunities in the reporting period.

The scholarships provide mentoring support, through quality coaching development opportunities for women in Tasmania, with the aim to increase the number and expertise of female coaches in the state.

The women receive support to develop their individual coaching capabilities and leadership, allowing them to gain valuable national experience whilst expanding their own knowledge and skills. The successful applicants for the 2019-20 scholarships were Jessica Blake (hockey) and Abbey Savage (swimming).

Jessica and Abbey are completing their Advanced Coaching accreditation courses and have attended and participated in state and interstate camps. Despite the COVID-19 disruptions, both women have continued to develop their coaching skills through online education sessions, coaching accreditations and zoom interactions with coaching mentors. Both scholarships have been extended to provide opportunities for both women to complete their coaching activities within the current sporting environment.

COACHING GROUP

Throughout the year, TIS coaches met to share information and attend workshops conducted by several guest speakers, including the following:

- Rohan Taylor (recently appointed Head Coach of the Australian Swimming Team) - Rohan shared his philosophies on coaching and providing support for developing athletes, engagement of coaches, the coach/athlete/parent relationship and the role as Coach Leader in a team situation.
- Pieta Langham-McKay (Principal, Montrose Bay High School) – Pieta shared her strategies for engaging generations X, Y (parents) and Z (students) and how teachers adapt to addressing the behaviour and barriers these generations present.
- Jason Wickham (Product Consultant, HUDL) – Jason provided training to our coaches and scientists to ensure we maintain currency and maximise the performance analysis platforms capability.

CONFERENCES AND EVENTS

Throughout the year several TIS coaches attended their respective National Training Centres to engage with National program staff, athletes and coaches and in the process remain at the cutting edge of their sport in Australia.

TIS coaches also supported National Teams during the year, including:

Matthew Gilmore:

- World Junior Track Cycling Championships – Track Endurance Coach
- Track Cycling World Cup – Track Endurance Coach
- UCI Track Cycling World Championships – Track Endurance Coach

Andrew McDonald:

- Australia A versus Belgium series – Australian (Kookaburras) Assistant Coach

SPORTS PROGRAMS

Through support from the Tasmanian Government, the TIS provides scholarships to athletes selected to participate in TIS sports programs.

STAFF

Alisa Denne

Manager, Sports Programs

Ilene Carr

Sports Program Coordinator

Julie Kent

Sports Program Coordinator (November-March)

The impact of the COVID-19 pandemic presented challenges on a global scale for the 2019-20 period. Sport at all levels was suddenly in a state of flux and the TIS, across all programs (and general operations) had to respond quickly. As a result, the TIS developed operating protocols as well as online delivery platforms and initiatives to enable continuation of athlete support and engagement.

NATIONAL TRAINING CENTRE PROGRAMS

In 2019-20 the TIS operated three National Training Centre (NTC) programs - athletics, cycling and hockey and a State Pathway Program operated in rowing. High performance scholarships were provided to athletes selected to participate in these programs.

Identified athletes in the sports of athletics, hockey and rowing were provided a TIS Training Agreement - targeting specific development areas - to assist them fast-track their progression to TIS high performance scholarships.

The NTC programs and State Pathway Program are conducted in partnership with the national and state sporting organisations for the respective sports. The programs are delivered and coordinated by a TIS coach, with the TIS Manager, Sports Programs and Sports Program Coordinators.

TALENT DEVELOPMENT SQUAD PROGRAMS

The Talent Development (TD) squads underpin and support the NTC programs. In 2019-20, the TIS operated a TD squad in hockey (July-Sept), a Talent Development Academy for cycling and a Talent Squad for rowing (July-Oct). The TIS also supported the operation of Athletics Tasmania's equivalent in the Target Talent Program (TTP).

These programs provided selected developing athletes with coaching expertise to assist them to develop along their sport's high performance pathway.

Identified talent development athletes in cycling, hockey and rowing, as well as TTP athletes were provided talent development scholarships - to assist them to fast-track their progression to TIS high performance scholarship.

ELITE DEVELOPMENT PROGRAMS

The TIS supported the operation of elite development programs in the sports of canoe slalom, netball, sailing and swimming during 2019-20. Scholarships were provided to athletes selected to participate in canoe slalom, sailing and swimming.

Elite development programs are conducted in partnership with the sports' national and state sporting organisations and are coordinated by a coach or nominated staff member employed by the sport.

The netball program has an Elite Development Squad (EDS) structure - directed by Netball Tasmania and supported by the TIS and Netball Australia.

The swimming program has a tiered development program structure - with the National & State Flippers Squads directed by Swimming Australia and supported by the TIS and Swimming Tasmania.

INDIVIDUAL SUPPORT PROGRAM

The TIS also provided support to selected Tasmanian athletes competing in sports for which the TIS does not operate a program.

The TIS supported seven individual athletes across the sports of archery, bowls, sailing, skateboarding, triathlon, and weightlifting in this program during 2019-20. High performance scholarships were provided to those athletes.

ASSOCIATE ATHLETES

Athletes with TIS Associate Athlete status fall into two categories:

- 1) Those competing professionally in a TIS supported sport who are based interstate or overseas *and/or*
- 2) Those who previously held a TIS high performance scholarship, moved interstate to further their sporting opportunities and are subsequently supported by the interstate State Institute of Sport/State Academy of Sport.

There were four athletes across the sports of swimming, netball and sailing with TIS Associate Athlete status in 2019-20. The TIS supported these athletes by offering access to negotiated performance services when in Tasmania and or assistance to compete in Tasmania.

ATHLETICS



The Athletics Program's main objectives align closely with Athletics Australia's National High Performance Program. They are targeted towards supporting Tasmania's high performance athletes and coaches to impact on international selection and medals in both senior and junior IAAF sanctioned events. The program also supports Tasmania's Target Talent Program which is aimed at developing the future elite.

PROGRAM HIGHLIGHTS

- Stewart McSweyn, 12th – 5000m, World Championships, Doha.
- Stewart McSweyn, 1st – 10000m & National Record, National Championships, Victoria.
- Jack Hale, 2nd – 100m & 6th Australian All Time, Perth Track Classic, Perth.
- Sam Clifford, 5th – 5000m & National u18 record, Victorian Championships, Melbourne.
- Alexander McKillop, 1st – 100m & u20 Australian Record, ACT Championships, Darwin.
- Sam Walker, 9th – shot put, World Para Championships, Dubai.
- Sam Walker, 4th heat – 100m & National u20 record, World Para Championships, Dubai.
- Deon Kenzie, bronze medal - 1500m World Para Championships, Dubai.

Before the shutdown of events due to COVID-19, the Athletics program athletes were preparing for the National Championships in March 2020 and other international competitions to lead into the Tokyo Olympic and Paralympic Games. Sam Clifford had qualified for the World Junior Championships with selections to be confirmed post Nationals, however all international competitions were postponed.

HIGH PERFORMANCE ATHLETES

Milly Clark (marathon)

Jack Hale (100m, 4 x 100m)

Deon Kenzie (1500m)

Alexander McKillop (T36 100m)

Stewart McSweyn (5k, 10k)

Hamish Peacock (javelin)

Sam Walker (T38 100m)



TALENT DEVELOPMENT ATHLETES

Anna Blackwell (walks)
 Sam Clifford (1500, 3k)
 Jane Hickie (heptathlon)
 Will Robertson (walks)

TRAINING AGREEMENTS

Raphaella Corney (pole vault)

STATE PERFORMANCE COORDINATOR/ ATHLETICS COACH

Susan Andrews

ATHLETE SERVICE PROVIDERS

Lindsay Harris (Athlete Wellbeing & Engagement)
 Ben Scarlett (Sports Science)
 John Gregory (Sports Science)
 Annabelle Anderson (Physical Preparation)
 Pete Culhane (Physical Preparation)
 Matt Lancaster (Physiotherapy)
 Kellie Wilkie (Physiotherapy)
 Chrissy Tadros (Physiotherapy)
 Dr Steve Reid (Sports Physician)
 Dr David Humphries (Sports Physician)
 Dr Jerome Muir Wilson (Sports Physician)
 Gaye Rutherford (Nutrition)
 Mark Spargo (Sport Psychology)
 Lydia Black (Sport Psychology)

TRAINING VENUES

Domain Athletics Track, Hobart
 St Leonards Complex, Launceston
 Penguins Sports Complex, Penguin

PARTNERS

Athletics Tasmania
 Athletics Australia

CYCLING



Georgia Baker and Amy Cure once again represented Australia at the World Track Championships, finishing fifth in the team pursuit in Berlin, Germany. Josh Duffy and Lauren Perry also represented Australia at the Oceania Track Championships in the team pursuit. Josh enjoyed a breakout competition to win the final, beating New Zealand with a world class time of 3 minutes and 55 seconds, while Lauren Perry and her teammates finished third.

In January the focus shifted to road cycling and the National Championships in Ballarat, Victoria. Nicole Frain rode to an impressive seventh place in the road time trial and continues to improve with each ride at the national level. Catelyn Turner enjoyed this championship finishing third in the u19 time trial and road race and continues to demonstrate her potential in both disciplines.

In March, Liam Johnston and Sam Fox competed in the XCO Mountain Bike Championships in Bright, Victoria. Sam finished second in a very competitive u23 age group and Liam Johnston was third in the u19s.

Shortly after the World Track Championships, Amy Cure and Georgia Baker were selected in the Australian Olympic Track Cycling Team, a reward for their consistent effort and performances at an international level during the selection period. This was Amy's third Olympic selection and Georgia's second.

In June 2020, Amy Cure announced her retirement from international cycling and has subsequently withdrawn from the Olympic Track Team. Amy is a three-time World Champion, four-time Junior World Champion, Commonwealth Games medallist and Olympian. At 27, Amy has had an illustrious cycling career and has been a part of the Tasmanian Institute of Sport since receiving her first high performance scholarship in 2008.

Amy claimed her first elite World Championship title in 2012 in the points race. In the team pursuit in 2013, she won silver before claiming bronze in 2014. She went on to secure a silver and bronze medal at the 2014 Commonwealth Games in the scratch race and individual pursuit. At the 2015 World Championships Amy lined up alongside Rio 2016 teammates Ashlee Ankudinoff, Annette Edmondson and Melissa Hoskins in the team pursuit where the quartet not only won gold but broke the world record. In 2017, Amy made history by becoming the first person in track cycling history to win a medal in six different world championship events.

We congratulate Amy on her incredible career and wish her all the very best on the next chapter of her life.

The program welcomed former TIS athlete Belinda Goss back to the TIS in a coaching role. Belinda represented Australia at Commonwealth and World Championship level and brings a wealth of experience to the cycling program. We are all excited to have Belinda back with us, working to develop the next generation of Tasmanian cyclists.

Under the guidance of James Watson and Belinda, our underpinning Cycling Academy program continues to flourish. Athletes are supported in a range of cycling disciplines which include mountain bike, road and track cycling. This program is designed to identify and develop the next generation of cycling athletes, supported through coaching, access to TIS facilities, training camps and support at state and national competitions. Currently there are 11 athletes supported throughout the state.

PROGRAM HIGHLIGHTS

- Senior National team representatives, track – Georgia Baker, Amy Cure, Josh Duffy, Lauren Perry.
- Georgia Baker, Amy Cure, 5th – 2020 World Team Pursuit Championship.
- Josh Duffy, 1st – 2020 Oceania Team Pursuit Championship.
- Sam Fox, 2nd – XCO MTB u23 championships
- Liam Johnston, 3rd – XCO MTB u19 championships
- Lauren Perry, 3rd – 2020 Oceania Team Pursuit Championship.
- Catelyn Turner, 3rd – 2020 Australian u19 Road Championship.
- Catelyn Turner, 3rd – 2020 Australian u19 Time Trial Championship.

At the time that COVID-19 hit, racing was disrupted across all levels, affecting all cycling events. The National Track Championships which were scheduled for March 2020 were postponed, our academy athletes were in full preparation for the Junior Road Nationals, while cyclists at the National Training Centre continued preparation for the Olympics until the announcement to postpone was made shortly after.

HIGH PERFORMANCE ATHLETES

Georgia Baker
Scott Bowden
Amy Cure
Josh Duffy
Nicole Frain
Zack Gilmore
Anyu Louw
Lauren Perry
Macey Stewart
Catelyn Turner

TALENT DEVELOPMENT ATHLETES

Matthew Byrne
Sam Fox (MTB)
Liam Johnston (MTB)

NTC HEAD CYCLING COACH

Matthew Gilmore

CYCLING COACHES

James Watson
Belinda Goss

ATHLETE SERVICE PROVIDERS

Lindsay Harris (Athlete Wellbeing & Engagement)
Alanna Martin (Sports Science)
Pete Culhane (Physical Preparation)
Lydia Black (Sport Psychology)
Jaymeila Webb (Sport Nutrition)

TRAINING VENUES

Silverdome Complex track, Prospect

SPONSORS

Giant Bikes and St.LukesHealth are Associate Sponsors of the TIS Racing Team

PARTNERS

Cycling Tasmania
Cycling Australia

Eddie Ockenden became the most capped Australian Kookaburra in March 2020, playing his 366th international game in a Pro League match against Argentina. It was an amazing year for Eddie, who was awarded: Kookaburras Player of the Year for the third time (2014 and 2015), named 2019 Hockey One Player of the Tournament for a record equalling fifth time and a finalist nominee for the World Hockey Player of the Year. In typical fashion, Eddie, who also holds the title of Australian Captain, was more excited the Kookaburras had qualified for the 2020 Tokyo Olympic Games, after winning the Oceania Cup in September 2019.

July 2019 saw nine TIS athletes supported to compete at the under 21 nationals. In a pleasing sign, a number of these athletes had previously been named in Hockey Australia Futures Squads and took the next step in their development by competing at the u21s. The women's team improved from the previous year finishing sixth, while Gobin Gill was added to the Hockey Australia men's National Junior Squad and Sam McCulloch retained his spot.

September and October provided further competition opportunities with five TIS athletes supported to compete for Tasmania in the New Zealand National Hockey League. This was a great opportunity to benefit from increased competition experience. Additionally, Sam McCulloch and Gobin Gill represented Australia in the u21 Sultan of Johor Cup.

The Hockey One competition saw 10 TIS athletes competing, including Jack Welch who returned from a serious back injury. The men finished third and the women a creditable seventh, beating WA in their final round game.

In December, Hayden Beltz was elevated to the 2020 National Development squad after strong Hockey One performances. While Josh Beltz, Eddie Ockenden and Jack Welch were all selected in the 2020 Australian Olympic squad.

January 2020 was a busy month, seeing Josh, Jack and Hayden compete for Australia A in a four match series against Belgium A. It was a tough series with Australia A winning three of the four games in very hot conditions. Andrew McDonald attended as an Assistant Coach. The program also added three Training Agreement athletes - Ashby Bingham, Max Larkin and Tyler McDonald after encouraging performances at the u18 nationals.

February and March continued the busy start to 2020. Evie Dalton attended the National Junior Squad camp, Evie, Phillida Bridley, Josh Brooks and Ewan Vickery attended the 2020 Hockey Australia Futures Camp, and Jack added a further 'cap' to his name with an official return to international hockey – scoring in a Pro League match against Argentina.

April 2020 saw COVID-19 force the cancellation and shutdown of the u18 nationals and the remainder of the competition and camp events planned for 2019-20.

Steve Welch has provided specialised goalkeeper coaching to the program throughout the 2019-20 period and attended the 2020 Hockey Australia Recognised Futures Camp as an invited goalkeeper coach.

Ilene Carr's departure from the hockey program in 2019 signalled a shift to a one coach model.

The program continues to provide each athlete with additional advice, support and education regarding training loads, recovery practices and a range of performance services to enable a strong life balance and overall wellbeing. Individual performance plans are developed for each athlete, ensuring strong connections with Hockey Australia's High Performance and Pathway programs.

INTERNATIONAL STATISTICS

Eddie Ockenden – Caps 366, Goals 71

Josh Beltz – Caps 41, Goals 3

Jack Welch – Caps 10, Goals 3

NTC HEAD HOCKEY COACH

Andrew McDonald

ATHLETES

Hayden Beltz

Josh Beltz

Phillida Bridley

Josh Brooks

Maddison Brooks

Henry Chambers

Evelyn Dalton

Gobin Gill

Julia Gunn

Linden McCarthy

Sam McCulloch

Eddie Ockenden

Ollie Smith

Ewan Vickery

Jack Welch

TRAINING AGREEMENT ATHLETES

Ashby Bingham

Max Larkin

Tyler McDonald

ATHLETE SERVICE PROVIDERS

Annabelle Anderson (Physical Preparation)

Ben Scarlett (Sports Science)

Lindsay Harris (AW&E Consultant)

Gaye Rutherford (Performance Nutrition)

Juliana Lisboa (Performance Nutrition)

Lydia Black (Performance Psychology)

Emma Harris (Performance Psychology)

TRAINING VENUES

Tasmanian Hockey Centre, New Town

Launceston Hockey Centre, St Leonards

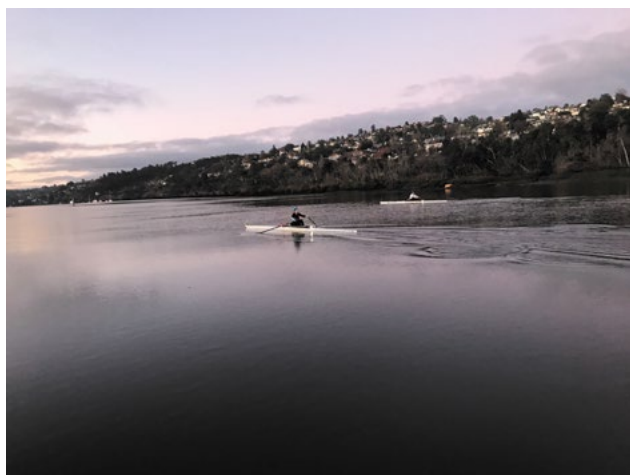
PARTNERS

Hockey Tasmania

Hockey Australia



ROWING



The TIS Rowing program operates in conjunction with Rowing Australia and Rowing Tasmania to deliver the Tasmanian State Pathway Program.

The TIS has built a strong working relationship with Rowing Tasmania to ensure effective coaching and development opportunities for all athletes within the Tasmanian rowing pathway.

The Tasmanian State Pathway Program model enables the TIS Rowing Program to provide identified Tasmanian athletes with access to services appropriate to their performance level, as well as access to high-level coaching, equipment and competition support.

The delivery of the TIS Rowing Program was changed during the 2019-20 year. As of 31 October 2019, the Talent Development Scholarship Program and the Talent Squad Program ceased to operate. From 1 November 2019 the TIS Rowing program moved to a more targeted system of athlete support. The two-level system consisted of Training Agreements and High Performance scholarships. Training Agreements enable the TIS Rowing Program to offer tailored support to identified developmental athletes. High Performance Scholarships assist Tasmania's best rowing athletes, with these athletes receiving the highest level of support.

The program operates from the TIS's New Town Bay Rowing Centre facility and the Huon Rowing Club in the south and the North Esk, Tamar and Tasmanian University rowing clubs in the north. Athletes in the North West are serviced out of the Mersey Rowing Club.

PROGRAM HIGHLIGHTS

- Sarah Hawe, gold medal – Woman's Coxless Four, 2019 Rowing World Championships.
- Sarah Hawe, gold medal – Woman's Coxless Four, 2019 Rowing World Cup Three.

At the time COVID-19 saw the shutdown of training and competition, athletes had been preparing for the Australian National Championships scheduled for the end of March 2020 and the Underage Selection Trials in April 2020.

Sarah Hawe, Georgia Nesbitt and Ciona Wilson were selected in the World Cup Squad, along with Eve Mure as a non-travelling reserve. Eve was also selected to race at the Non-Olympic World Championships, however, these events and all further international events for 2020 were postponed.

HIGH PERFORMANCE ATHLETES

Sarah Ashlin
Jack Barrett
Rebecca Bye
Sarah Hawe
Eleni Kalimnios
Eve Mure
Wilson Mure
Georgia Nesbitt
Alec Paterson
Conner Ryan
Lucas Wigston
Ciona Wilson
Joseph Wilson
Alexandra Wrigley
Henry Youl

TRAINING AGREEMENT ATHLETES

Finnian Colley
Lars Gillingham
Luke Haas
Kate Hall
Tyler Mason
Hannah Tippet

TALENT DEVELOPMENT SCHOLARSHIP ATHLETES

(until 31 October 2019)
Amy Bain

TALENT SQUAD ATHLETES

(until 31 October 2019)
Sam Hall
Isabelle Higgins
Annaliese Mackie
Mollie McCausland
Meg Messer
Sam Mounter
Tom Vermey

HEAD ROWING COACH

Brett Crow

ROWING PERFORMANCE COORDINATOR

Brendan Long

SUPPORT COACHES

Trevor Barrett
John Driessen
Paul Newbon
Grant Pryor (Rowing Australia, State Talent Pathways Coordinator)
Neil Stump

ATHLETE SERVICE PROVIDERS

John Gregory (Sports Science/Biomechanics)
Pete Culhane (Physical Preparation)
Mitchell Bootes (Physical Preparation)
Jake Cowin (Physical Preparation)
Kellie Wilkie (Physiotherapy)
Lia Giovanovits (Physiotherapy)

TRAINING CENTRES

Derwent River (from New Town Bay facility)
Huon River (Huon Rowing Club)
Tamar River (North Esk Rowing Club and Tamar Rowing Club)
Lake Barrington International Regatta Centre

SPONSORS

Motors Tasmania

PARTNERS

Rowing Tasmania
Rowing Australia

CANOE SLALOM



The TIS Canoe Slalom Elite Development Program is a three-way partnership between the TIS, Paddle Australia and Paddle Tasmania.

Athletes are supported by a range of services including coaching, strength and conditioning, performance nutrition, performance psychology and athlete wellbeing and engagement services. TIS canoe slalom athletes are fortunate to have access to natural world class training environments throughout Tasmania.

The aim of the TIS canoe slalom program is to assist Tasmanian canoe athletes progress along the Paddle Australia High Performance pathway.

The program is overseen by coordinator Peter Eckhardt - an Olympian and former TIS scholarship holder.

PROGRAM HIGHLIGHTS

- Daniel Watkins selected into the Australian Olympic Team for Tokyo 2020, C1 Men's event.
- Kate Eckhardt and Demelza Wall, bronze medal – C1 team event, u23 Canoe Slalom World Championships.
- Kate Eckhardt, 6th – K1 Team event, u23 Canoe Slalom World Championships.
- Kate Eckhardt, 6th – C1 event, u23 Canoe Slalom World Championships.
- Daniel Watkins, 8th – Canoe Slalom World Championships.

ATHLETES

Hamish Dalziel

Kate Eckhardt

Claire Hodgman

George Lazenby

Demelza Wall

Daniel Watkins

KEY PARTNERS

Paddle Tasmania

Paddle Australia

NETBALL EDS



The Netball Elite Development Squad (EDS) Program functions in three-way partnership between the TIS, Netball Tasmania and Netball Australia. The program is overseen by Netball Tasmania with support from the TIS.

The EDS program offers Tasmania's elite netball athletes the opportunity to progress along Netball Australia's High Performance pathway. Athletes are offered a range of expert services from and through the TIS, including physiological monitoring and testing, strength and conditioning, performance nutrition, performance psychology, physiotherapy, massage and athlete wellbeing and engagement services.

PROGRAM HIGHLIGHTS

- Tasmanian Magpies members – Ashleigh Probert-Hill, Zanna Jodlowska, Emma Johns, Zoe Claridge, Shelby Miller and Kelsie Rainbow.

The global coronavirus pandemic impacted competition with the 2020 Deakin University Australian Netball League season cancelled.

ATHLETES

Jess Byers	Hayley McDougall
Zoe Claridge	Shelby Miller
Hannah Crawford	Olive Morris
Macy Goninon	Hayley Older
Brielle Gordon	Sophie Pidgeon
Tayla Griffin	Eloise Piper
Gabrielle Groves	Ashleigh Probert-Hill
Maddi Hay	Grace Pullen
Rebecca Hyland	Georgia Pyke
Zanna Jodlowska	Jessica Scott
Kendall Jones	Alexia Smith
Danielle Laughner	Megan Steele
Hannah Lenthall	Ashlea Turner
Ella Marsh	Hannah Vinen

ASSOCIATE ATHLETE

Kelsie Rainbow

UMPIRES

Leah Turnbull
Rachael Stebbings

KEY PARTNERS

Netball Tasmania
Netball Australia

SAILING



The TIS Sailing Program is a partnership between the TIS and Australian Sailing, supported by Sandy Bay Sailing Club.

The program is coordinated by the TIS which also delivers the off-water components of the program, with on-water coaching delivered by Rohan Langford and Lizzi Rountree.

Athletes complete their on-water training on the Derwent River in Hobart and are supported with a range of TIS services including physiological testing, strength and conditioning, performance nutrition, performance psychology and athlete wellbeing and engagement services. The aim of the TIS sailing program is to assist Tasmanian sailing athletes to progress into the Australian Sailing Team.

PROGRAM HIGHLIGHT

Ethan Gailbraith and Charles Zeeman qualified for the 2020 Youth Sailing World Championships.

HIGH PERFORMANCE SCHOLARSHIP ATHLETES

Alice Buchanan
Jock Calvert
Dervla Duggan
Rupert Hamilton
Oscar O'Donoghue

TALENT DEVELOPMENT SCHOLARSHIP ATHLETES

Adele Auchterlonie
Ethan Galbraith
Charlie Goodfellow
Jacob McConaghy
Thomas Nikitaras
Will Sargent
Charles Zeeman

ASSOCIATE ATHLETE

Chloe Fisher

COACHES

Rohan Langford
Lizzi Rountree

KEY PARTNERS

Sandy Bay Sailing Club
Australian Sailing

SWIMMING



In partnership with Swimming Tasmania and Swimming Australia, the TIS supports the Swimming Tasmania Development Program.

The Swimming Tasmania Development Program forms part of Swimming Australia's Athlete Development Pathway. The program is overseen for Tasmania by the State Technical Director on behalf of Swimming Australia. The program aims to provide high performance opportunities to identified Tasmanian swimming athletes demonstrating potential for selection in national teams.

TIS support has three components:

State Flippers Squad programmed activities.

- Targeted support to identified athletes considered 12 months off meeting the selection standard for National Flippers Squad or SAL Para-Swimming Development Program.
- Individualised Scholarship to athletes attaining National Flippers or SAL Para-Swimming Development Program and above.

ATHLETES

Max Giuliani
Jet Jankiewicz
Noah Kamprad
Emily Mitchell
Jardene Ralph
Matilda Smith

ASSOCIATE ATHLETES

Arianne Titmus
Jacob Templeton

KEY PARTNERS

Swimming Tasmania
Swimming Australia

INDIVIDUAL ATHLETES



The individual athlete program aims to provide Tasmanian elite athletes with the best possible opportunity to progress to the highest level in their chosen sport. It assists those Tasmanian athletes competing in sports that are not receiving support through any other TIS programs.

The TIS individual athlete program enjoyed success both nationally and internationally.

PROGRAM HIGHLIGHTS

- Jacob Birtwhistle won gold at the World Triathlon Series event in Hamburg and claimed the bronze medal in the Mixed Relay World Championship event also held in Hamburg. Jacob finished 6th overall in the World Triathlon Series standings.
- Kaitlyn Fassina won gold at the 2019 Pacific Games – 87Kg category.

SCHOLARSHIP ATHLETES

Kevin Faulkner (archery)

Sarah Haywood (archery)

Chris Symonds (sailing)

Grace Cochrane (skateboarding)

Jacob Birtwhistle (triathlon)

Kaitlyn Fassina (weightlifting)

Rebecca Van Asch (bowls)

Individual athlete assistance is another method of support that can be offered to Tasmanian athletes once selected to compete for Australia at an international benchmark event. The individual athlete assistance program can also be a stepping-stone to a high performance scholarship in the individual athlete program.

ASSISTED ATHLETES

Will Clarke (cycling)

Tyler Heron (skeleton sliding)

KEY PERFORMANCE INDICATORS

The Tasmanian Institute of Sport's primary objective is to assist athletes to achieve success on the national and ultimately international stage.

Due to impact of COVID-19 and the cancellation of international events in March 2020, the TIS was unable reach its KPIs for 2019-20. Prior to the cancellation, the TIS was on track to reach its targets for the year.



KPI 2019-20	TARGET	RESULT
TIS athletes that achieved finals and/or top 8 results at benchmark international sporting events	19	16
Number of National Team selections achieved by TIS athletes	60	50
Number of TIS coaches and specialist staff involved in national squads or teams	-	4



STRATEGIC PLAN

OUR VALUES

- TEAMWORK
- INTEGRITY
- EXCELLENCE

OUR PURPOSE

To provide leadership and high quality performance services to Tasmania's talented athletes and coaches to assist them to compete successfully on the international stage.

OUR PRINCIPLES

- Performance driven
- Athlete focussed
- Coach led
- Sport engaged

OUR VISION: THE TIS IS HIGHLY VALUED FOR ITS CONTRIBUTION TO TASMANIA'S SPORTING SUCCESS

STRATEGIC PRIORITIES 2019-20

1

PERFORMANCE

Deliver

High Quality Coaching

Provide innovative and responsive

Sports Science

Strength and Conditioning

Sports medicine

Physical therapies

Initiate

Athlete Wellbeing and Engagement Program

Talent Identification Development Project

PRIORITISE

Competition opportunities that progress performance

2

PARTNERSHIPS

Strengthen relationships

National sporting organisations/state sporting organisations/professional sporting clubs

University of Tasmania

Education establishments

Sports medicine practitioners

Engage with

Department of Communities Tasmania

State Government

Local government

Corporate clients

Contribute to

National Institute Network

3

RESOURCES

Support

Athlete Wellbeing "whole person"

Capable administrators

Expert coaches

Knowledgeable scientists

Pursue

Contemporary facilities, training environments and equipment

Explore

Technology and performance innovation opportunities

Seek

Investment in new opportunities

4

PROCESS

Review

Organisational structure and operations

Continuously Improve

Efficiency of ICT systems, framework and infrastructure

Effectiveness of TIS communication process

Meet

WH&S requirements

Quality Assurance standards

COMMONWEALTH ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is proud to have supported many athletes in pursuing their Commonwealth dreams. The following athletes have been supported on their journey to the Commonwealth Games.

2018 COMMONWEALTH GAMES – GOLD COAST

Lucas Walker	Basketball (Gold)
Amy Cure	Cycling (Gold x 2)
Jeremy Edwards	Hockey (Gold)
Eddie Ockenden	Hockey (Gold)
Rebecca Van Asch	Lawn Bowls (Gold x 2)
Arianne Titmus	Swimming (Gold x 3, Silver)
Jake Birtwhistle	Triathlon (Gold, Silver)
Hamish Peacock	Athletics (Silver)
Kaitlyn Fassina	Weightlifting (Silver)
Jack Hale	Athletics
Danni McConnell	Athletics
Stewart McSweyn	Athletics
Huw Peacock	Athletics
Sam Walker	Athletics
Georgia Baker	Cycling

2014 COMMONWEALTH GAMES – GLASGOW

Eddie Ockenden	Hockey (Gold)
Amy Cure	Cycling (Silver, Bronze)
Hamish Peacock	Athletics (Bronze)
Huw Peacock	Athletics
Nick Cooney	Boxing
Jackson Woods	Boxing
Jenna Myers	Weightlifting

2010 COMMONWEALTH GAMES – DELHI

Eddie Ockenden	Hockey (Gold)
Clint Freeman	Archery
Luke Jackson	Boxing
Luke Woods	Boxing
Belinda Goss	Cycling
Aaron Frankcomb	Squash
Jenna Myers	Weightlifting

2006 COMMONWEALTH GAMES – MELBOURNE

Matthew Wells	Hockey (Gold)
Kim Walker	Hockey (Gold)
Hollie Grima	Basketball (Gold)
Matthew Goss	Cycling (Silver)
Mark Jamieson	Cycling (Silver)
Donna MacFarlane	Athletics (Bronze)
Luke Jackson	Boxing (Bronze)
Tristan Thomas	Athletics
Sid Taberlay	Cycling – Mountain Bike

2002 COMMONWEALTH GAMES – MANCHESTER

Daniel Geale	Boxing (Gold)
Matthew Wells	Hockey (Gold)
Bianca Langham	Hockey (Bronze)
Natasha Hardy	Karate (Bronze)
Chantal Castledine	Judo

1998 COMMONWEALTH GAMES – KUALA LUMPUR

Susan Andrews	Athletics (Gold)
Bianca Langham	Hockey (Gold)
Daniel Sproule	Hockey (Gold)
Kylie Risk	Athletics (Silver)
Mandy Giblin	Athletics

1994 COMMONWEALTH GAMES – CANADA

Tim O'Shannessey	Cycling (Gold, Bronze)
Melissa Carlton	Swimming (Gold)
Paul Wiggins	Athletics (Bronze)
Andrea Hughes	Athletics
Brendan Hanigan	Athletics
Simon Hollingsworth	Athletics
Aaron Everett	Boxing
Justann Crawford	Boxing

1990 COMMONWEALTH GAMES – AUCKLAND

Ron Laycock	Weightlifting (Gold x 2, Bronze)
Susan Andrews	Athletics (Silver)
Chris Bacon	Judo (Bronze)
Gail Luke (Millar)	Athletics

CHAMPIONS CLUB

TIS athletes make a significant contribution to the development of elite sport in Tasmania through their performances and interaction with the sporting and general community.

The TIS considers it appropriate that exceptional athletes who have made an outstanding contribution to the TIS and consistently achieved at the highest level of their sport, be publicly recognised by the TIS at the completion of their international sporting career.

The TIS Champions Club was established to recognise these exceptional athletes, with the first Champions Club inductions taking place in 2006. To qualify for membership, athletes are assessed against criteria based on their involvement with the TIS, their conduct and their performance.

Once inducted, athletes are invited to all TIS functions and their attendance at these events is acknowledged. These athletes hold the honour of life-long recognition of their contribution to the TIS and serve as role models for current athletes.

TIS CHAMPIONS CLUB MEMBERS

Darren Balmforth	Rowing
Sam Beltz	Rowing
Justin Boocock	Canoe Slalom
Scott Brennan OAM	Rowing
Simon Burgess	Rowing
Melissa Carlton	Swimming
Daniel Collins	Canoe Sprint
Tim Deavin	Hockey
Anthony Edwards	Rowing
Dana Faletic	Rowing
Hollie Grima	Basketball
Belinda Goss	Cycling
Matthew Goss	Cycling
David Guest	Hockey
Stephen Hawkins	Rowing
Kate Hornsey	Rowing
Bianca Langham	Hockey
Nick Rogers	Yachting
Daniel Sproule	Hockey
Matthew Wells	Hockey
Paul Wiggins	Athletics

ATHLETE OF THE YEAR

The Southern Cross Television Tasmanian Athlete of the Year recognises outstanding performance based on the athlete's performance at international level, their contribution to their sport and to the Tasmanian sporting community.



2019	Ariarne Titmus	Swimming
2018	Jake Birtwhistle	Triathlon
2017	Rebecca Van Asch	Lawn Bowls
	Sarah Hawe	Rowing
2016	Matthew Bugg	Sailing (para)
2015	Amy Cure	Cycling
2014	Eddie Ockenden	Hockey
2013	Richie Porte	Cycling
2012	Daniel Geale	Boxing
2011	Matthew Goss	Cycling
2010	Eddie Ockenden	Hockey
2009	Amy Cure	Cycling
2008	Scott Brennan	Rowing
2007	Ricky Ponting	Cricket
2006	Hanny Allston	Orienteering
2005	Kate Hornsey	Rowing
2004	Matthew Wells	Hockey
2003	Dana Faletic	Rowing
	Kerry Hore	Rowing
2002	Mark Jamieson	Cycling
2001	Matthew Wells	Hockey
2000	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1999	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1998	Bianca Langham	Hockey
1997	Simon Burgess	Rowing
1996	Daniel Sproule	Hockey
1995	Nick Rogers	Sailing
1994	Daniel Collins	Canoe Sprint

OLYMPIC AND PARALYMPIC ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is proud to have supported many athletes in pursuing their Olympic and Paralympic dreams. The following athletes have been supported on their journey to the Olympic and Paralympic Games.

2016 OLYMPIC GAMES – RIO

Hamish Peacock	Athletics
Georgia Baker	Cycling
Amy Cure	Cycling
Richie Porte	Cycling
Tim Deavin	Hockey
Eddie Ockenden	Hockey
Scott Bowden	Mountain Bike
Kerry Hore	Rowing
Meaghan Volker	Rowing

2016 PARALYMPIC GAMES – RIO

Deon Kenzie	Athletics (Silver)
Matt Bugg	Sailing (Silver)
Jacob Templeton	Swimming

2012 OLYMPIC GAMES – LONDON

Tristan Thomas	Athletics
Adam Gibson	Basketball
Luke Jackson	Boxing
Jackson Woods	Boxing
Amy Cure	Cycling
Matthew Goss	Cycling
Tim Deavin	Hockey (Bronze)
Eddie Ockenden	Hockey (Bronze)
Sam Beltz	Rowing
Scott Brennan	Rowing
Anthony Edwards	Rowing
Dana Faletic	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing (Silver)

2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics (Gold)
Matt Bugg	Sailing

2008 OLYMPIC GAMES – BEIJING

Donna MacFarlane	Athletics
Hollie Grima	Basketball (Silver)
Mark Jamieson	Cycling
David Guest	Hockey (Bronze)
Eddie Ockenden	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)
Stephanie Grant	Judo
Sam Beltz	Rowing
Scott Brennan	Rowing (Gold)
Anthony Edwards	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing
Brendan Long	Rowing

2008 PARALYMPIC GAMES – BEIJING

Dominic Monypenny	Rowing
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2004 OLYMPIC GAMES – ATHENS

Matthew Wells	Hockey (Gold)
Sid Taberlay	Mountain Bike
Simon Burgess	Rowing (Silver)
Scott Brennan	Rowing
Dana Faletic	Rowing (Bronze)
Kerry Hore	Rowing (Bronze)
Brendan Long	Rowing
Cameron Wurf	Rowing
Simmone Morrow	Softball (Silver)

2000 OLYMPIC GAMES – SYDNEY

Daniel Geale	Boxing
Daniel Sproule	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)
Darren Balmforth	Rowing (Silver)
Simon Burgess	Rowing (Silver)
Craig Walton	Triathlon

2000 PARALYMPIC GAMES – SYDNEY

Clayton Johnson	Athletics
Melissa Carlton	Swimming (Silver, Bronze)

1996 OLYMPIC GAMES – ATLANTA

Simon Hollingsworth	Athletics
Kylie Risk	Athletics
Justin Boock	Canoe Slalom
Daniel Collins	Canoe Sprint (Bronze)
Tim O'Shannasse	Cycling (Bronze)
Daniel Sproule	Hockey (Bronze)
Simon Burgess	Rowing
Scott Goodman	Swimming (Bronze)

1996 PARALYMPIC GAMES – ATLANTA

Leroi Court	Athletics (Bronze)
Paul Wiggins	Athletics
Melissa Carlton	Swimming (Gold, Silver, Bronze)

1992 OLYMPIC GAMES – BARCELONA

Susan Andrews	Athletics
Simon Hollingsworth	Athletics
Gail Luke (Millar)	Athletics
Justann Crawford	Boxing
Daniel Collins	Canoe Sprint
Peter Eckhardt	Canoe Slalom
Chris Bacon	Judo
Stephen Hawkins	Rowing (Gold)

1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting

